

To my beloved readers

Over the summer I have been re-evaluating who I am as a coach, as a mother, as a human being in his great big world. I've been thinking too, about you, the people I coach and mentor, and what you need and want most. I invite you all to share with me, your thoughts.

It seems clear that I'm crossing what I consider to be the mid-point of my life. I'm 46 years old. I think of a century as being the finite sort of time we get to be here, doing whatever we do and being whoever we choose to be.

The questions of unanswered calls, of missed adventures and unclaimed dreams seem to come closing in on many of us around this time.

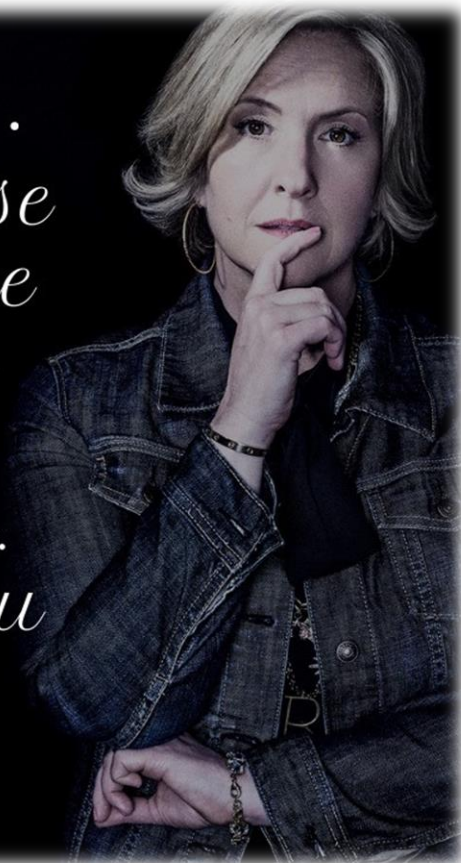
I speak with so many women at this point in their life – when the reality of how much life has passed and the true cost of 'not' is stark and sometimes overwhelming; *Not living more, not laughing more, not letting go soon enough, not believing in their own value and worth enough to fully honour it and fight for it.*

And often, many wonder if they are alone.

But we're not alone.

"MIDLIFE...
*when the universe
grabs you by the
shoulders and
says, 'I'm not
fucking around.
Use the gifts you
were given'.*"

~Brené Brown



And so I'm beginning a new kind of adventure in my coaching career. I'm going to amp up the gifts I've been given and reload for a full, rich and divinely beautiful year with you – come what may.

As a coach, I'm well practiced, I'm confident and sure of how I can help people feel and experience and renew from within. However, there is something more that I may finally be qualified to offer in addition to my work with individuals in a coaching capacity. It's an insight and a laugh and a wisdom that is woven around the deep truths I am aware of from this new place.

In so, I have rebirthed my – your, coach mentoring and leadership programs. Going forward, I will be doing everything in partnership with Inspired Outcomes, as a separate company called **Kaleidoscope Coaching**.



Kaleidoscope coaching is my new 'brand'. (Oh how I dislike the word 'brand'! But it is, what it is..) So it is with great joy & excitement, I introduce:

Kaleidoscope Coaching with Tara!

We all know what a kaleidoscope is, of course. The kaleidoscope is a toy, a path containing mirrors and pieces of colored glass or paper all at different angles, whose reflections produce ever-changing patterns that shift with every rotation of the tube creating endless beautiful, unpredictable, and complicated designs. Constantly.

Um.... Sound familiar? Anyone?

Your life is the kaleidoscope guys. And the way I coach and teach and lead is also like a kaleidoscope. Ever-changing, shifting, every new angle creating something new and unseen – all weird and complicated and dazzling! Oh, the fun we'll have!

And so, I invite you to join me in discussion again this year. Tuesday evenings are going to be a new quest in coaching expertise, including the deep humour found in the messy mistakes and lessons we're all experiencing. The Kaleidoscope of living and coaching brought to life!

Women leaders (think Brene, Glennon, ENDLESS tik-tockers, etc.) are stepping into the hilarious truth of our shared agonies, our ever-changing physical bodies and our bizarre needs and desires in a way that I think is finally allowing us to be braver and more honest than we've ever been before. I wish for more coaches to teach their clients to laugh as they let go of all the tension and tightness of this difficult life.



The style will be a little different this year. **I will have a week each month when I send you some things, ahead of time, to reflect on, if you choose** – coaching methods, personality preferences, stories, clips, pictures, news pieces, podcasts or poems – and I will be speaking to how they inform, influence, conflict or resonate with our approach to NLP transformative coaching.

The second Tuesday of each month will include someone with me – I will be asking others to join our talks and discuss how their approach has helped others and led coaches and people to live better lives.

Please join [here](#) with your email to be notified of the Courageous Coach Talks! (no fee). Or find the sign up at www.tarakanerva.com

Zoom link: <https://us02web.zoom.us/j/86951260989>

Meeting ID: 869 5126 0989

September 26th 7:30pm – First Courageous Coach Tuesday Talk with Tara (Allen starting Trauma Talks on September 19th) Continuing alternating Tuesdays from September '23– June '24



And finally, I have many balls in the air, as always, and I will be sharing with you all along. For now, I'll leave here the things you may find interesting to inquire about. I am available to you all (remember my texting reflex is a bit slow, but (eventually) always on) 226 979 8772 & tara@inspiredoutcomes.ca. I am on What's App and on Voxer. My other social media spaces are in construction, and I don't actually know when they may arise from the ashes. 😊

October – Coach Transformation Month! This is the month of recharging your coaching engine, or polishing your coaching tools or re-inspiring your coaching motivation or whatever your need to do to be even better! Book a double session with me – two 90 minute sessions one week apart– for just \$240 to shake it off! Contact me to book!

November – A Self-Leadership Retreat in beautiful Blue Mountain, Collingwood for those ready to indulge in themselves and their ambitions all at once! I will be leading this the lovely Catherine Davies. Stay tuned for more information in the next week!

December – Start your day with me online! End your year with a 3 week early morning meditation: Monday – Wednesday – Friday 6:30am, to start the day with 10 minutes of intention, awakening and letting go. (December 4th – December 22nd)

January – Retreat for the woman seeking to re-wild herself! I will be joining our own Lee Philbrook and our friend Mary to lead a natural, soul nurturing sweet and deep retreat. Stay tuned for more (January tentative as of now)

*Also, I will likely be leading a Core Transformation training and a Wholeness training sometime before the year ends, so please let me know if you are interested in these trainings and I will move forward with dates and times.

Inspired Outcomes will be offering PACE Training and NLP Training in the fall. Visit the website www.inspiredoutcomes.ca for more information!

Love you all and I so look
forward to seeing you
soon! Tara

